

PRESS RELEASE

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FLU FIGHTERS LAUNCH MYTH BUSTER TO ENCOURAGE PEOPLE AT RISK TO HAVE THEIR FLU VACCINE THIS AUTUMN

Flu vaccines, the subject of many myths, are a major defence in helping people with conditions like Asthma, Heart Disease and Diabetes, to stay well this winter.

Thurrock's public health team and the Clinical Commissioning Group are working together to fight the threat of flu with a series of myth busters and information to help people make an informed decision on their flu jab.

Last year Thurrock's eligible population were under vaccinated, putting them at risk of serious health problems due to the flu. Flu can even be fatal.

Ian Wake, Director of Public Health, Thurrock Council said:

"We say it every year, those who are eligible should get their free flu jab at their GP or community pharmacy. If you haven't had yours, don't delay.

"Vaccinations are free, relatively quick and painless and can prevent serious health complications. We've made it even easier in Thurrock this year, GPs are offering extra flu clinics and you can even be vaccinated by your local pharmacy."

A myth buster document is also available to [view](#) to allay any fears that might be preventing people from getting their flu jab.

Dr Deshpande, local GP and Chair of Thurrock Clinical Commissioning Group said:

"We've launched the flu myth-buster again this year as we know many people think that the vaccine makes them more ill. It won't! Each strain is different, so each year the vaccine is different. That is why you need a new vaccine every year.

"Flu can be a really serious illness for some people and it doesn't just affect older people, it can make you seriously ill – it can even result in death. If you're pregnant, under 10 years old, have lowered immunity or a long term health condition such as

severe asthma, a chest or heart complaint, or diabetes then you should also get a free flu jab from your GP and get flu safe. The flu jab is very safe, and it can't give you flu.

“If you're over 65 or in any of the 'at risk' groups, the flu jab is completely free and is a safe way of protecting you and your family in a matter of minutes.”

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For more information or to arrange interview, please contact Aaron Faunch, Communications Officer, Thurrock CCG, aaron.faunch@nhs.net or contact 01375 365810.